NAME: _____

LOCATION: _____

Hunger Games Challenge

Are you running on empty or overfilling your tank? Eating too much or too little can affect how you feel throughout the day. Join us for this 10-day challenge around listening to your body's hunger cues to help you feel confident about when and how much to eat.

Instructions: Use this tracker to track your hunger level (1-10) before and after one meal a day for 10 days during the month of September. Week 1: Track hunger levels without changing any of your eating habits. Week 2: Aim to begin eating at a hunger level around 4 and finish eating at a hunger level around 7. Upon completion, submit your completed tracker to leah_hammel@uhc.com by September 7, 2026, or scan the QR code below to submit the challenge completion form.

Hunger Tracker

	Track Without Changing Eating Habits					Aim To Stay Within Healthy Hunger Range (4-7)				
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Before Meal										
After Meal										

10 – Extremely stuffed, nauseous
9 – Stuffed, very uncomfortable
8 – Overfull, somewhat uncomfortable
7 – Full but not uncomfortable
6 – Satisfied, but could eat a little more
5 – Starting to feel hungry
4 – Hungry, stomach growling
3 – Uncomfortably hungry, distracted, irritable
2 – Very hungry, low energy, weak and dizzy
1 – Starving, no energy, very weak

Challenge Completion Form



Tips for Success

- Take a moment to breathe and relax periodically throughout the day to check in with your body.
- Be kind to yourself and trust your body to tell you when to eat and how much it needs.
- Allow adequate time to eat your meal so that you don't feel rushed.
- Honor your body- slow down and take the time to taste and savor your food.
- Focus on your food and body while eating by removing distractions like cell phones, computers, and TVs.
- Acknowledge your responses to food without judgement.

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Hunger Games

Resources

Use the following resources to support you during the challenge! Email leah_hammel@uhc.com with questions.

Content and fliers	Health education presentations
Mindful Eating Health tips (Spanish) Hunger-Satiety Scale Mindful Eating Exercises Calm Health on Mindful Eating (For Calm Health app users only)	Mindful Eating Everyday Mindfulness Everyday Time Management Self-Care: Invest in Yourself The Power of Positivity and Affirmation

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